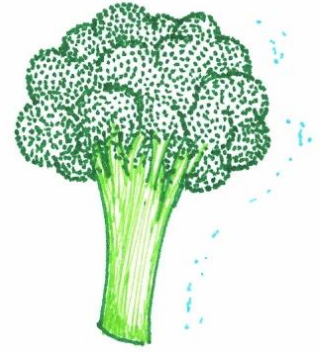


Vegetable Dips



Zippy Yogurt Ranch Dip

Mix together:

- 1 cup plain greek yogurt
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried dill
- ½ tsp salt
- ½ tsp worcestershire sauce
- ⅛ tsp cayenne pepper

Dilly Dilly Dip*

Mix together:

- 1 cup cottage cheese
- ½ cup plain yogurt
- ½ tsp onion powder
- ½ tsp dried dill
- ¼ tsp lemon juice
- salt
- pepper

*Recipe adapted from “Kids in the Kitchen”

Ranch Dip Dry Mix

Mix together:

- 3 Tbsp dried parsley
- 1 tsp dried dill
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp dried basil
- ½ tsp pepper

(makes 4 Tbsp of dry mix)

Add 1 Tbsp of the dry mix with ⅓ cup plain greek yogurt & ¼ cup milk. Set aside the remainder of the dry mix for future use .



**Offer a variety of vegetables for dipping
by choosing a rainbow of colours!**

radish, cherry tomato, cauliflower, turnip, broccoli, celery, cucumber,
pepper, snap pea, carrot



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Thank you to our 2018 workshop participants for testing this recipe!

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